

Sprout by Design

Bottle-Gardening for Healthy Living

The ultimate 'Message in a Bottle'!

Package includes: Student Workshops + Professional Development + Materials *

STUDENT WORKSHOPS

- Maximum-impact Bottle-Garden Workshop given with an eye towards promoting health & preventing disease
- Students repurpose and transform plastic soda bottles (formerly full of high fructose corn syrup) into healthy, self-irrigating, windowsill gardens filled with produce-yielding personal planters
- Workshop blends key STEM lessons from the Common Core Standards with garden-based learning techniques

TOPICS INCLUDE

- Understanding our food sources, Whole foods vs processed foods, Grass-fed vs corn-fed, Fresh, local, pesticide-free produce
- Plant life-cycle, capillary action, Counting, percentages, growth rate
- Recycling, repurposing

PROFESSIONAL DEVELOPMENT

- Introduction to Garden Based Learning Techniques
- Learn to use nature as a practical tool to teach Math, Science, Art, Social Studies and more
- Use your new garden to create an environment filled with wonder, where students have fun & initiate investigation!
- Includes many follow-up lesson ideas

BENEFITS

- Bottle-Gardens turn any windowsill into a science lab
- In-class garden can last up to an entire school year!
- Impart life-long lessons: Fun, hands-on, effective & delicious way for students to learn healthier eating habits & potentially life-saving health concepts
- Excellent starting point for schools to grow their health initiatives gradually into: outdoor garden beds, green-walls, greenhouses, fitness forts, chicken coops and more in-depth garden-based learning programs - all services offered by Sprout by Design's "Outdoor Educational Wonderland" program

PACKAGE OPTIONS

Workshop & PD given by award winning design engineer & educator Ilona de Jongh

- 1 Day: 5 workshops + 30 min PD
- 3 Day: 15 workshops + 60 min PD

Packages include*: personal plant journal & workbook, follow up lesson ideas, soil, wicks, seeds, labels, measuring cups.

* Every student is required to bring in one 1L plastic bottle as part of the recycling/repurposing lesson

"The rock doesn't know what happens to the ripples in the pond" - J. Lynde

Sprout's motto: Design, Build, Educate, Grow!
Our Mandate: "No Child Left Indoors"



Anita G.
Brooklyn, NY

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We are a school in Brooklyn with over 1,000 students ranging from pre-k to grade 8. We started our school garden 3 years ago. Ilona was there from the beginning advising us on how to get started. She is a wealth of resources and always has an idea of how to proceed even on the shoe string budget we had at the beginning. At our school, she teaches indoor planting with SIPS (planters made out of recycled plastic bottles and using capillary action to suck up the water) as well as outdoor transplanting once the seedlings are big enough to be brought into our outdoor gardens. While we thought we'd start with just a few classes, now the entire school, all prek through grade 8 students, is involved in indoor and outdoor planting! Every year Ilona improved the already excellent lessons. It's a great pleasure to work with her as she is both personable and professional.

Anita, PS/MS 282 Green Zone co-chair

Clients in NYC include:

- Growing up Green (Queens)
- PS/MS 282 (Brooklyn)
- Discovery High School (Bx)
- PS 175 (Manhattan)

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